

IFS

Program Information:

At the IFS Skating Level it is recommended that skaters participate in 2 sessions of skating a week. The IFS sessions are Monday and Wednesday; on each day there will be a 15 min office and 1 hour on ice.

At the IFS level, skaters will continue to develop their foundational skating skills and be introduced to introductory figure skating skills such as jumps, spins, turns, edges and field moves. Skaters will work on attaining the higher levels of the Canskate Badges.

Skaters must wear a helmet at this level. Skate Canada requires skaters wear a helmet until they have achieved their stage 5 badge.

Off-ice:

As skills become more challenging, off ice plays a key element in athlete development, as such off-ice sessions have been incorporated into the clubs training program.

Off-ice is a crucial component to athlete development as recommended by Skate Canada starting at the IFS level continued through to the highest levels. Off-ice helps to develop flexibility, agility and strength, while supporting skaters in practicing new skills on land. This will begin with a 15 min off-ice session before skaters are get on the ice to help them warm-up and prep for their session.

Skaters are required to wear running shoes and clothing that allows them to move and stretch easily and safely.

If you would like more information about off-ice sessions and the skills your skater is working on, please connect with the coaches. A great time to do this would be during your goal setting session at the start of the year.

Lesson Format:

At the IFS level skaters will start their on ice lessons with a whole group stroking session. Skaters will then participate in small coach lead lessons for 30 min. The last 15 min of the session will be independent practice time where skaters will have time to work on the skills they are learning.

Competitions:

There will be opportunities over the season for skaters to participate in competition. Competition can be fun and allow skaters to show off their their skills!

Coaches will send out an email prior to registration opening to inform you of the upcoming opportunity. Different competitions target different competitive levels and coaches will ensure they match your child's competitive level with the opportunities available across the season.

To help prepare skaters for the experiences of competition, a simulation session will be held prior to each event. Skaters will be encouraged to wear their competition outfit. The goal of the simulation sessions is to make it feel as close to the feeling of a competition environment as possible. This helps to build their confidence and prepare for the event. Coaches will email you with the details around these events as they come up across the season.